

***CHRYsalis HOUSE, INC.***  
***BUILDING A COMMUNITY, ONE FAMILY***  
***AT A TIME...***



***ANNUAL REPORT***  
***JULY 1, 2013—JUNE 30, 2014***

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## MISSION STATEMENT

*To support women and their families in recovery from alcohol and other drug abuse.*

## VISION STATEMENT

*It is the vision of Chrysalis House, Inc. to help recovering chemically dependent women and their families lead sober, independent lives that are socially, physically, emotionally, and spiritually stable and rewarding.*

## PHILOSOPHY

*Chrysalis House provides a safe, nurturing, and aesthetically pleasing environment for adult recovering women and their children. We recognize the disease concept of addiction and incorporate the Twelve Step Programs into every aspect of our treatment program. We believe that addictions affect every aspect of a woman's functioning, and the "whole" woman must be treated in order to achieve health, happiness, and serenity. We accept each resident as a worthwhile individual, and treat all with dignity and respect.*





## *Letter from the Executive Director*

Chrysalis House is Kentucky's oldest and largest licensed substance abuse treatment program for women, serving over 200 women and children annually. We specialize in the treatment of pregnant and parenting women, allowing mothers to keep their babies and toddlers with them while in treatment. Older children may visit overnight.

I recently received a thank you letter from the mother of one of our women and would like to share an excerpt with you:

*I am writing this letter to thank you and your staff for providing such a wonderful facility to women and their families. I am sure you are aware of the job you all do, but I wanted to thank you as a parent of a daughter who has struggled with addiction and who has been receiving your care and support.*

*Frankly, we did not know where to turn...Since her admission, she has been guided through her recovery by an amazing staff. Support has been given from all directions by classes, guidance to meetings, a therapist to help her as well as her children. It is so true that you help the whole family.*

*Our family will be eternally grateful to all of you. You have treated our daughter with respect and support. I firmly believe that she could not be where she is today without the Chrysalis House. We know that this is a life-long journey and she will someday be able to support herself and her children through your organization's efforts.*

This is one of the thousands of women we have helped with a dedicated staff, board of directors, and community partners. Chrysalis House is a wonderful place for women and children to heal and grow.

## *Messages from Chrysalis House Board of Directors*

"Chrysalis House is about moms and babies....who do we more want to protect and care for than these? Every mother fears for her child, and wants to do the right thing. At Chrysalis House, we help get this done..."~Lindy Karns, Board President

"The world around us has gotten so complex and, sadly, too many women have turned to drugs and alcohol abuse to deal with their difficulties. There are lots of treatment centers but the Chrysalis House helps women, many who are mothers, turn their lives around in a holistic way thus, changing the future for the whole family. Plus one of the greatest parts of the program is that they can keep their babies with them. We are so lucky to have the Chrysalis House here in Lexington!"~Erin Rouse, Vice President

"Watching the Chrysalis House staff transform hopelessness into hope, rebuilding families strong in recovery, would make a believer out of anyone!"~Eileen M. O'Brien, Past Board President

## Serving Pregnant and Parenting Women with a Focus on Family

Chrysalis House provides treatment to women and their families. The past year, Chrysalis House offered six “Family Day” events to engage the families of clients in their recovery through educational and recreational activities. Staff use several strategies to include fathers, father figures and other family members in treatment. We send personalized invitations to join activities at Chrysalis House; offer family and couples counseling; Family Day; and provide information and support. Another strategy that is of primary importance is letting clients know that inclusion of fathers and father figures is not an indication that they must be involved with them as well. Protecting clients is always the primary focus.

*One thing Chrysalis House has is a wide variety of classes that revolve around any part of your life that has ever been hurt or damaged.*



"Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what" ~ Unknown ~♥~

**Chrysalis House uses science and evidence-based curricula for parenting skills and family strengthening.**

## 3rd Annual Mother's Day Luncheon Honoree



We celebrate mothers at Chrysalis House during our annual Mother's Day Luncheon held in May!

Each year we honor a special mother in our community who leads by example; loving her children unconditionally and showing that she always wants what is best for her children.

This year we honored Mrs. Lucille Carloftis. Mrs. Carloftis exemplifies the heart and soul of being an outstanding mother, successful business woman and community supporter. Lucille Carloftis has experienced her fair share of joys and sorrows in her lifetime. Whether ecstatic with happiness or devastated with sorrow, she has quickly rebounded with her never-failing tranquility because she is a survivor, just as many women at Chrysalis House are survivors themselves.

## Parenting the Nurturing Way

With grant funding from Prevent Child Abuse Kentucky (PCAK) Chrysalis House is able to offer an evidence-based Nurturing Parenting class to parenting women in treatment. The Nurturing Parenting Programs are a *family-centered trauma-informed* initiative designed to build nurturing parenting skills as an alternative to abusive and neglectful parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

By offering Nurturing Parenting, we are giving parenting women structured, long-term, family-based programs and services to replace hurting patterns of parenting with nurturing parenting patterns. During fiscal year 2014, 81 women participated in the Nurturing Parenting classes at Chrysalis House with 60% completing the fourteen week course.





# CHRYSLIS HOUSE PARTNERS WITH FAYETTE COUNTY DRUG COURT

Since the mid-1980s, court dockets across the nation have become overloaded with drug cases and drug-involved offenders. While incarceration removes individuals from their drug abusing lifestyles for a period of time, addicts who don't receive treatment, education, and life skills training often return to the same cycle of drug use and criminal activity. Drug court helps combat those problems

through a supervised program that successfully combines a strong treatment component with the legal weight of law enforcement. Substance abuse treatment reduces both addiction and drug-related crime.



Typical client entering services supported by this grant:

Early 30s (M = 31.8 years old)

Caucasian (80.8%)

Parent (78.8%)

Poly-substance user - likely to have used alcohol (100.0%), marijuana (94.2%), cocaine (88.5%), opiates (84.6%), benzodiazepines (73.1%), and crack cocaine (63.5%)

Has co-occurring mental health issues - serious anxiety and/or tension (57.7%) and depression (44.2%) in the past 6 months.

Most are either renting/own their own place (32.7%) or reside with someone else (30.8%).

Interacted with family/friends that are supportive of their recovery (88.5%).

Currently on probation or parole (69.2%).

Chrysalis House partnered with Fayette County Drug Court on a federal grant to provide a mix of residential treatment, wraparound services, and enhanced services for 26 women and families who are actively participating in drug court.

The services planned for drug court participants consisted of outpatient, treatment services, case management, medical, aftercare, and peer-to-peer recovery support services. Under these six categories, specified services are designated based on individualized needs for participants.

Once a participant has successfully completed all requirements of the drug court program, the judge may conditionally discharge the remainder of the probationary period (in the case of a probation-referred participant) or dismiss the charges (in the case of diversion).

## PEER MENTORING AT CHRYSALIS HOUSE



There I was in prison hoping to get parole in 6 months. I knew I needed help with my addiction, but was worried about how to do that. When I found out that staff from Chrysalis House were coming to the prison to talk to us, I counted the days and then the hours until they arrived. I was excited to say the least. As soon as I got to the meeting, the staff from Chrysalis House gave me the information I had been looking for. They answered all my questions. I was finally getting excited about the possibility of starting a new life. They came to the prison monthly to answer questions and to talk to me--to see how I was doing. Wow, they actually cared; who does that? I was just an inmate and believed I didn't deserve someone caring for me, but they did. Each month I would look forward to them coming. They

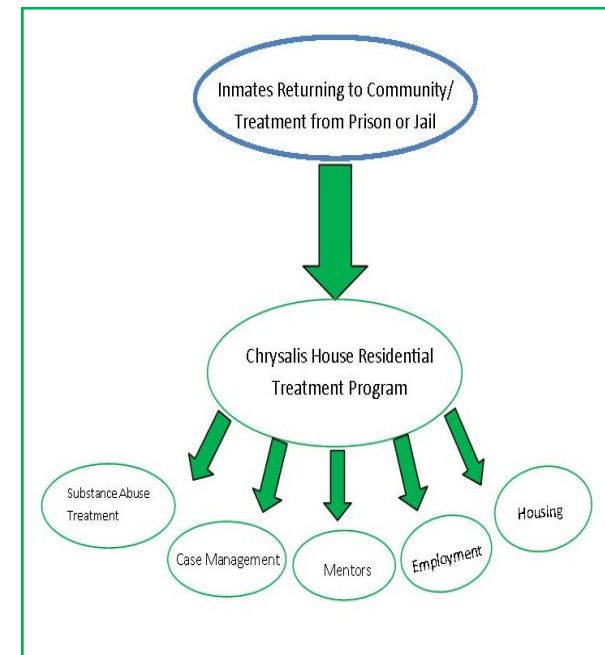
were already helping me with judges, lawyers, parole, and life issues.

The big day came when I made parole and I was going to Chrysalis House. I am going to have a home. I am going to get the help I need.

The day I arrived to my new home, Chrysalis House, I was so nervous because I had been locked up for a few years and didn't know anyone. I was scared and worried, excited and nervous. The staff that had visited me in prison was there waiting on me. My heart jumped, someone I knew, someone I could relate to...a familiar face. I immediately calmed down, and was so much at ease.

Soon after I arrived I was assigned a mentor and was able to start building my support network. My mentor has been where I am and can totally relate and see things the way I do, but can also give me the wisdom of the program from her experience. My mentor is there when life is crazy and when I need someone, she has the knowledge and tools that help me tremendously.

The mentoring program is amazing and valuable. The experience of having a mentor is priceless and is something I will always take with me. It is the foundation I get to build my life on, my sobriety. My life! ~Anonymous

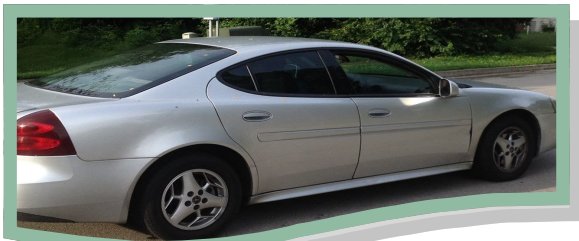


# MAKING A DIFFERENCE IN THE LIVES OF FAMILIES

The Kentucky Domestic Violence Association (KDVA) Car IDA program helps survivors obtain vehicles when their lack of reliable transportation becomes a barrier to employment, housing, school, etc.

Participants' savings earn matching funds when the program requirements are completed, so that savings grow quickly. During the program, IDA savers participate in financial education and one-on-one budgeting and credit counseling sessions.

One Chrysalis House participant purchased this car with her IDA savings in FY14!

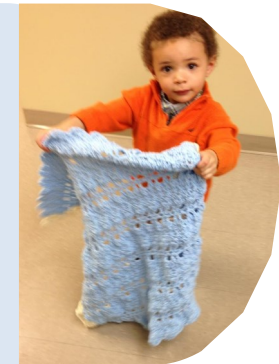


**Main Street Baptist Church and the Willa Bell Wallace Circle ministry creates a spiritual journey for children and adults. They continue to show support for the women and children of Chrysalis House by donating much needed baby items.**



Many children in our childcare program have never had their own birthday cakes. Sweet Blessings provided this wonderful cake to a girl in our program. Sweet Blessings it is a non-profit ministry which creates happy birthdays and unforgettable cakes for 5-14 year olds living in poverty or with a life threatening illness.

Warm Up America is a charity that has warmed peoples' lives since 1991. It started in a small Wisconsin town with neighbors knitting and crocheting afghans for neighbors in need. Warm Up America distributed warm afghans, caps and other items to the women and children of Chrysalis House.



**A few nice words can help a person a lot more than you think.**



## NEW FUNDING FROM THE ATTORNEY GENERAL (TO BE EXPENDED IN FY15 & FY16) IS REFLECTED IN OUR CASH BALANCE AT YEAR-END

Decreased revenue in FY14 did not impact Chrysalis House's ability to provide substance use treatment to women and their families. The decrease in revenue over the past fiscal year was due to a contribution that was made in FY13 to payoff a construction debt for Serenity Place Apartments. Chrysalis House ended the year with net assets of \$5,263,581, up from the previous fiscal year's end of \$5,189,245.

Operationally, Chrysalis House spending increased by 4% over last year. Total operating expenses were 5% less than budgeted in FY14. The 5% spending decrease was mainly due to staff vacancies included in the approved budget.

Deferred revenue consists of \$600,000 received from a drug settlement with the attorney general's office during the year ended June 30, 2014. The funding will assist us in providing substance use treatment services during the years ended June 30, 2015 and 2016.

Chrysalis House overall programmatic efficiency remained strong. The financial results depicted are derived from the audited June 30, 2014, consolidated financial statements, which contain an unqualified opinion. Chrysalis House complete, audited financial statements can be obtained online at [www.goodgiving.net](http://www.goodgiving.net).

REVENUE AND EXPENSES	
Grants	2,461,121
Contributions	308,045
In-Kind Contributions	20,241
Fees from Clients	152,149
Interest Income	28,540
Unrealized loss on Investments	773
Miscellaneous Income	22,322
Medicaid	14,636
<b>Total Revenue</b>	<b>3,007,827</b>
<b>Expenses</b>	
Salaries & Fringe	1,630,934
Program Services	1,139,427
<b>Total Expenses</b>	<b>2,770,361</b>
<b>Revenue Over Expenses</b>	<b>237,466</b>

BALANCE SHEET	
<b>Assets</b>	
Cash and cash equivalents	2,003,956
Accounts and grants receivable	191,782
Prepaid expenses	27,341
Accrued interest receivable	318,110
Investments	1,057,642
Notes receivable	473,000
Property and equipment, net	1,948,993
<b>Total Assets</b>	<b>6,020,824</b>
<b>Liabilities</b>	
Accounts payable	22,927
Accrued liabilities	70,877
Deferred Revenue	600,000
Long term debt	63,439
<b>Total Liabilities</b>	<b>757,243</b>
<b>Net Assets</b>	
Unrestricted	4,138,850
Unrestricted - board designated	1,084,399
Temporarily restricted	40,332
<b>Total Net Assets</b>	<b>5,263,581</b>
<b>Total liabilities and net assets</b>	<b>6,020,824</b>

